

WOMEN'S ARTISTIC GYMNASTICS NATIONAL DEVELOPMENT PLAN

PREPARATION 1 – Minimum Age 8 in year

Set elements within a voluntary exercise. Elements on beam & floor may be performed in any order except where stated.	Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. D Score 4.00 on each apparatus			
	Additional elements - May be performed but will incur execution penalties as FIG CoP Non-Attempt of an Element - Deduction 2.00 (taken as a NEUTRAL PENALTY) + Value of Move [VM] (taken from the D SCORE) Incomplete / Failed attempt of an element - The VM penalty is taken from the D SCORE ; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty. No Hold (H) – Penalty 0.3 taken as neutral deduction Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty			
Vault	Bars	Beam	Floor	Range & Conditioning
1 x 60cm foam block or 2 x 60cm foam blocks placed in a 'T' shape with level safety mattresses at back of block 1 x springboard Run and hurdle step with 2 footed take off from springboard to land in a controlled stationary position on 2 feet on 60cm foam block – one step into handspring flatback from block to land on level safety mats. Gymnast may walk forwards or backwards into correct starting position for handspring flatback with no deduction or start from where the jump has landed.	High Bar only routine SINGLE HIGH BAR OR TOP BAR OF UNEVEN BARS SET ROUTINE <ul style="list-style-type: none"> Assisted by Coach - Jump to catch the bar in reverse grip Show straight hang position with good body shape Reverse chin up (chin over the bar) Lower to straight hang in control Half turn to regular grip by releasing one hand to side of body to execute turn and re-grasp bar 2 x Leg lift with straight legs (feet to touch bar). Lower to straight hang in control Chin up and circle over the bar to finish in front support Roll forward to chin up position, lower to straight hang Dish (H) Arch (H) then 2 dish, arch (fish) swing release bar to land 	<ul style="list-style-type: none"> FIG Beam Regulations with: A safety mat (depth 20 or 30cm) under the whole length of the beam. OPTIONAL ORDER WITH SET ELEMENTS Mount - Jump to front support, lift one leg over to cross sit Dance series – From 2 feet, 2 x Stretched jumps connected to land on two feet (No arm swings) Turn – Spin prep on flat foot toe to knee (H) place foot in front and relevé 1/2 turn Acro – Kick towards handstand Arabesque (H) Dismount – from middle of beam, run and hurdle step to take off from two feet into stretched jump to dismount 	<ul style="list-style-type: none"> Recommend Music length 1 min 10 seconds OPTIONAL ORDER WITH SET ELEMENTS Dance passage – Composed of cat leap through to scissor kick (Passage of dance required) Tic-toc Full spin (any direction) Handstand forward roll with straight arms to stand feet together Acro Line – Cartwheel front to back into pike backwards roll with straight arms and legs to pike stand Split jump 	<ul style="list-style-type: none"> SET ROUTINE Strip of firm matting From standing, crouch and forward roll to straddle sit Lift to straddle 1/2 lever (H) Lower to sit & Japana (H) Swim through then push to front support (H) Swing one leg forwards to splits (H) 1/2 to other leg split (H) Bring back leg forwards to long sit & Pike fold (H) Lie back and push to bridge (H) Lift one leg to vertical and kickover through split handstand to stand. Lift one leg to horizontal arms to side and leg dip Step forward and lift other leg to horizontal with arms to side and leg dip

PREPARATION 2 – Minimum Age 9 in year

<p>Set elements within a voluntary exercise. Elements on beam & floor may be performed in any order except where stated.</p>	<p>Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. D Score 4.00 on each apparatus except where stated</p> <p>Additional elements - May be performed but will incur execution penalties as FIG CoP</p> <p>Non-Attempt of an Element - Deduction 2.00 (taken as a NEUTRAL PENALTY) + Value of Move [VM] (taken from the D SCORE)</p> <p>Incomplete / Failed attempt of an element - The VM penalty is taken from the D SCORE; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty.</p> <p>No Hold (H) – Penalty 0.3 taken as neutral deduction</p> <p>Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</p>			
<p>Vault</p> <p>90cm safety mattresses + tumbler or firm matting 1 x springboard</p> <ul style="list-style-type: none"> • Handspring flat back 	<p>Bars</p> <p>Low Bar only routine LOW BAR OF UNEVEN BARS SET ROUTINE</p> <ul style="list-style-type: none"> • Float swing • Circle over to front support • Back hip circle • Dismount – Squat, stoop or straddle on straight jump forwards to land • Or • Dismount – Straddle or pike undershoot 	<p>Beam</p> <p>FIG Beam Regulations with: Additional 20cm safety mat for dismount</p> <ul style="list-style-type: none"> • OPTIONAL ORDER WITH SET ELEMENTS D SCORE 3.50 or 4.00 • Mount - Any mount • Dance series - Straight jump immediate tuck jump (No arm swings) • Turn – 1/2 spin immediate relevé 1/2 turn • Acro – DV 3.50 Kick to handstand with legs • together, split legs to land in lunge • Or • Acro – DV 4.00 Cartwheel • Additional jump – Split jump • Dismount – Round off Dismount – hands at end of beam 	<p>Floor</p> <ul style="list-style-type: none"> • OPTIONAL ORDER WITH SET ELEMENTS D SCORE 3.50 or 4.00 • Dance passage – composed of split leap & cat leap • Acro – Backward walkover Or • Forward walkover • Full spin (any direction) • Handstand immediate rebound bounce into forward roll with straight arms and straight legs to dish stand feet together • Acro Line – DV 3.50 Round off rebound backward roll to front support • Or • Acro Line – DV 4.00 Round off flic to 2 feet • Split jump immediate Straight jump 	<p>Range & Conditioning</p> <p>SET ROUTINE</p> <p>Strip of firm matting</p> <ul style="list-style-type: none"> • From standing, crouch and forward roll to straddle sit • Lift to straddle 1/2 lever (H) • Lower to sit & Japana (H) • Swim through then push to front support (H) • Swing one leg forwards to splits (H) • 1/2 to other leg split (H) • Bring back leg forwards to long sit & Pike • fold (H) • Lie back and push to bridge (H) • Lift one leg to vertical and kickover through split handstand to stand. • Lift one leg to horizontal arms to side and leg dip • Step forward and lift other leg to horizontal with arms to side and leg dip

PREPARATION 3 – Minimum Age 9 in year

<p>Set elements within a voluntary exercise. Elements on beam & floor may be performed in any order except where stated.</p>	<p>Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. D Score 4.00 on each apparatus except where stated</p> <p>Additional elements - May be performed but will incur execution penalties as FIG CoP</p> <p>Non-Attempt of an Element - Deduction 2.00 (taken as a NEUTRAL PENALTY) + Value of Move [VM] (taken from the D SCORE)</p> <p>Incomplete / Failed attempt of an element - The VM penalty is taken from the D SCORE; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty.</p> <p>No Hold (H) – Penalty 0.3 taken as neutral deduction</p> <p>Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</p>			
<p>Vault</p> <p>Vault Table</p> <p>Height 100cm + 5cm roll mat with level safety mattresses at back of vault</p> <p>1 x springboard</p> <ul style="list-style-type: none"> Handsprint flat back <p><i>Emphasis on heel drive & repulsion</i></p>	<p>Bars</p> <p>High Bar only routine</p> <p>SINGLE HIGH BAR OR TOP BAR OF UNEVEN BARS AS STRAP BAR SET ROUTINE</p> <p>From long hang</p> <ul style="list-style-type: none"> Chin circle over to front support Cast to handstand Swing forwards towards handstand Swing backwards towards handstand 3 x giants 	<p>Beam</p> <ul style="list-style-type: none"> OPTIONAL ORDER WITH SET ELEMENTS Mount – Japana Mount (H) Dance series - Split jump immediate Straight jump (No arm swings) Turn – 1/2 spin immediate relevé 1/2 turn Acro – Cartwheel Additional leap or jump – Choice of sissonne, straddle jump or split leap Acro – Backward walkover Dismount – tuck front somersault 	<p>Floor</p> <ul style="list-style-type: none"> OPTIONAL ORDER WITH SET ELEMENTS Acro Line – Round off 2 flics to 2 feet Dance passage – composed of 2 Split leaps Acro Line* – Handspring to 2 feet Full spin Choice of – free cartwheel or cat leap cartwheel Acro Line* – Tuck front salto <p>*Acro lines can be combined with a run between the handspring to 2 and the tuck front salto (in this order only)</p>	<p>Range & Conditioning</p> <p>SET ROUTINE</p> <p>Strip of firm carpet matting</p> <ul style="list-style-type: none"> Elephant lift to handstand (H) 1/2 in handstand, split legs to stand Pike fold (H) From bent or straight legs push back and backward roll with straight arms to front support Drag feet in and lift straddle 1/2 lever (H) Lower to straddle sit Japana (H) Swim through & Push to front support Swing one leg forwards to sit in splits (H) 1/2 turn to other leg split (H) Bring back leg forwards to long sit Pike fold (H) Lie back and push to bridge (H) Lift one leg to vertical (H) Kick through split handstand to stand Split jump Split jump other leg Straight jump

DEVELOPMENT 1 – Minimum Age 10 in year

<p>Set elements within a voluntary exercise. Elements on beam & floor may be performed in any order except where stated.</p>	<p>Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. D Score 4.00 on each apparatus except where stated</p> <p>Additional elements - May be performed but will incur execution penalties as FIG CoP</p> <p>Non-Attempt of an Element - Deduction 2.00 (taken as a NEUTRAL PENALTY) + Value of Move [VM] (taken from the D SCORE)</p> <p>Incomplete / Failed attempt of an element - The VM penalty is taken from the D SCORE; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty.</p> <p>No Hold (H) – Penalty 0.3 taken as neutral deduction</p> <p>Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</p>			
<p>Vault</p> <p>Vault Table Height 100cm + 5cm roll mat with level safety mattresses at back of vault 1 x springboard</p> <ul style="list-style-type: none"> Handsprint flat back <i>Emphasis on heel drive & repulsion</i> 	<p>Bars</p> <ul style="list-style-type: none"> UNEVEN BARS SET ROUTINE <ul style="list-style-type: none"> Upstart Back hip circle Squat or stoop on Jump to catch high bar 3/4 giant Dismount – Straddle or pike on undershoot 	<p>Beam</p> <ul style="list-style-type: none"> OPTIONAL ORDER WITH SET ELEMENTS <ul style="list-style-type: none"> Mount – Any FIG 'A' coded Mount Dance series – To include Split jump & Straight jump (No arm swings) Turn – Full spin (any position or direction) Acro* – Optional coded acro element without flight Additional leap or jump - Choice of sissonne, split leap, tuck jump or W Jump Dismount – tuck front somersault <p>*Can include: 4.103 - Handstand (Hold for 2 seconds) & 4.105 - Backward roll</p>	<p>Floor</p> <ul style="list-style-type: none"> OPTIONAL ORDER WITH SET ELEMENTS <ul style="list-style-type: none"> Acro Line – Round off 2 flics to 2 feet Dance passage – composed of 2 Split leaps Acro Line* – Handspring to 2 feet Full spin Mixed series – Optional elements** to include a dance element with 180° split (not a split leap) Acro Line* – Tuck Front somersault *Acro lines can be combined with a run between the handspring to 2 and the tuck front salto (in any order) <p>**Additional acro elements that can be used at this level:</p> <p>Tic-Toc Cartwheel Backward walkover Forward walkover</p>	<p>Range & Conditioning</p> <p>SET ROUTINE Strip of firm carpet matting</p> <ul style="list-style-type: none"> Elephant lift to handstand (H) Pike down to stand Pike fold (H) From bent legs or straight legs push back and backward roll with straight arms to front support Squat feet in and from crouch, forward roll to straddle 1/2 lever (show) Lower to straddle sit Japana (H) Swim through & Push to front support Swing one leg forwards to sit in splits (H) 1/2 turn to other leg split (H) Bring back leg forwards to long sit Pike fold (H) Lie back and push to bridge (H) Lift one leg to vertical Kick through split handstand to stand Split jump (leg of choice) Straight jump

DEVELOPMENT 2 – Minimum Age 11 in year

<p>Set elements within a voluntary exercise. Elements on beam & floor may be performed in any order except where stated.</p>	<p>Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. D Score 4.00 on each apparatus except where stated</p> <p>Additional elements - May be performed but will incur execution penalties as FIG CoP</p> <p>Non-Attempt of an Element - Deduction 2.00 (taken as a NEUTRAL PENALTY) + Value of Move [VM] (taken from the D SCORE)</p> <p>Incomplete / Failed attempt of an element - The VM penalty is taken from the D SCORE; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty.</p> <p>No Hold (H) – Penalty 0.3 taken as neutral deduction</p> <p>Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</p>			
Vault	Bars	Beam	Floor	Range & Conditioning
<p>Vault Table Height 110cm or 120cm 1 x springboard</p> <p>Choice of:</p> <ul style="list-style-type: none"> • Handspring Or 1/2 on repulsion off <p>Both vaults must be performed at the same height</p>	<p>UNEVEN BARS SET ROUTINE</p> <ul style="list-style-type: none"> • Upstart • Upstart • Back hip circle • Squat or stoop on • Jump to catch high bar • Long upstart • Dismount – Any ‘A’ coded dismount 	<ul style="list-style-type: none"> • OPTIONAL ORDER WITH SET ELEMENTS • Mount – Any FIG ‘A’ coded Mount • Dance series – To include Split jump into or out of any ‘A’ coded or listed uncoded* leap, jump or hop • Acro – Cartwheel (may be connected to dismount) • Turn – Full spin (any position or direction) • Mixed series – (Any order – saltos & aerials not permitted) • Any different coded acro element (including rolls) connected to any different • ‘A’ coded or listed uncoded* leap, jump or hop of your choice that has not been used in dance series • Dismount – tuck back somersault (Can be connected to cartwheel) <p>*Additional Uncoded jumps that can be used in this grade: Straight jump Tuck jump Changement</p>	<ul style="list-style-type: none"> • OPTIONAL ORDER WITH SET ELEMENTS • Acro Line – Round off 3 flics to 2 feet • Dance passage – composed of Split leap & a different FIG coded ‘A’ or ‘B’ leap or hop • Acro Line – Round off <i>Optional flic</i> tuck back salto • Full spin (any position or direction) • Mixed series* – (Cannot be combined with any acro lines) Optional coded elements (dance element must be different to those used in dance passage) • Acro Line – Handspring to 2 feet run tuck front salto <p>*The round off and flic can be repeated to fulfil the mixed series.</p>	<p>SET ROUTINE</p> <p>Strip of firm carpet matting</p> <ul style="list-style-type: none"> • Elephant lift to handstand (H) • Pike down to stand • Pike fold (H) • From bent legs or straight legs push back and backward roll with straight arms to front support • Squat feet in and from crouch, forward roll to straddle 1/2 lever (show) • Lower to straddle sit • Japana (H) • Swim through & Push to front support • Swing one leg forwards to sit in splits (H) • 1/2 turn to other leg split (H) • Bring back leg forwards to long sit • Pike fold (H) • Lie back and push to bridge (H) • Lift one leg to vertical • Kick through split handstand to stand • Split jump (leg of choice) • Straight jump

DEVELOPMENT 3 – Minimum Age 12 in year

<p>Set elements within a voluntary exercise. Elements on beam & floor may be performed in any order except where stated.</p>	<p>Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. D Score 4.00 on each apparatus except where stated</p> <p>Additional elements - May be performed but will incur execution penalties as FIG CoP</p> <p>Non-Attempt of an Element - Deduction 2.00 (taken as a NEUTRAL PENALTY) + Value of Move [VM] (taken from the D SCORE)</p> <p>Incomplete / Failed attempt of an element - The VM penalty is taken from the D SCORE; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty.</p> <p>No Hold (H) – Penalty 0.3 taken as neutral deduction</p> <p>Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</p>			
Vault	Bars	Beam	Floor	Range & Conditioning
<p>Vault Table Height 120cm 1 x springboard Choice of: D SCORE 3.00</p> <ul style="list-style-type: none"> Handsprint Or 1/2 on repulsion off D SCORE 3.50 1/2 on 1/2 off D SCORE 4.00 Handsprint on 1/1 off 	<p>UNEVEN BARS SET ROUTINE D SCORE 4.00 & Bonus</p> <ul style="list-style-type: none"> Upstart Short clear circle to 45° or above Upstart Sole circle Jump to catch high bar Long upstart Dismount – Any ‘A’ coded dismount – Bonus 0.50 for a salto dismount 	<p>OPTIONAL ORDER WITH SET ELEMENTS</p> <ul style="list-style-type: none"> Mount – Any FIG coded mount Turn – Full spin (any position or direction) Acro – Any FIG coded backwards element with hand support (rolls are not a permitted FIG acro element) Mixed series – Cartwheel into or out of sissonne Dismount – pike front somersault *Additional Uncoded jumps that can be used in this grade: Tuck jump Changement Dance series – One connection of at least 2 different dance coded or listed uncoded* elements, one being a leap or jump with 180° split (cross or side), or straddle, cannot include sissonne 	<p>OPTIONAL ORDER WITH SET ELEMENTS</p> <ul style="list-style-type: none"> Acro Line – Round off <i>Optional flic</i> straight back salto Dance passage – composed of Change leg split leap & any different FIG coded ‘A’ or ‘B’ leap or hop Option of – Free walkover or free cartwheel Mixed series* – Optional elements (dance element must be different) Can be combined with Free cartwheel or free walkover but cannot be combined with any acro lines Any minimum ‘B’ coded spin (any position or direction) Additional different FIG ‘B’ coded leap, jump or hop Acro Line – Handspring tuck front salto Or Front salto walkout to roundoff <p>*The round off and flic can be repeated to fulfil the mixed series.</p>	<p>SET ROUTINE</p> <p>Strip of firm carpet matting</p> <ul style="list-style-type: none"> Elephant lift to handstand (H) Pike down to stand Pike fold (H) From bent legs or straight legs push back and backward roll through handstand to front support Squat feet in and from crouch, forward roll to straddle 1/2 lever (H) Lower to straddle sit Japana (H) Swim through & Push to front support Swing one leg forwards to sit in splits (H) 1/2 turn to other leg split (H) Bring back leg forwards to long sit Pike fold (H) Lie back and push to bridge (H) Lift one leg to vertical Kick through split handstand to stand Split jump (leg of choice) Straight jump 1/1

DEVELOPMENT 4 – Minimum Age 13 in year

<p>Set elements within a voluntary exercise. Elements on beam & floor may be performed in any order except where stated.</p>	<p>Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. D Score 4.00 on each apparatus except where stated</p> <p>Additional elements - May be performed but will incur execution penalties as FIG CoP</p> <p>Non-Attempt of an Element - Deduction 2.00 (taken as a NEUTRAL PENALTY) + Value of Move [VM] (taken from the D SCORE)</p> <p>Incomplete / Failed attempt of an element - The VM penalty is taken from the D SCORE; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty.</p> <p>No Hold (H) – Penalty 0.3 taken as neutral deduction</p> <p>Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</p>			
<p>Vault</p> <ul style="list-style-type: none"> Vault Table Height 125cm 1 x springboard Choice of: D SCORE 3.00 Handspring D SCORE 3.50 1/2 on 1/2 off D SCORE 4.00 <p>Handspring on 1/1 off Or 1/2 on 1/1 off</p>	<p>Bars</p> <ul style="list-style-type: none"> UNEVEN BARS SET ROUTINE D SCORE 4.00 & Bonus 1/2 turning Upstart Short clear Clear circle to minimum 45° Optional Upstart Sole circle Jump to catch high bar Long upstart Cast to handstand Optional Bonus 0.50 – Giant circle backwards Dismount – Any ‘A’ coded dismount 	<p>Beam</p> <ul style="list-style-type: none"> OPTIONAL ORDER WITH SET ELEMENTS Mount – Any FIG coded mount Dance series – One connection of at least 2 different dance elements, one being a leap or jump with 180° split (cross or side), or straddle, 1 of these elements must be a ‘B’ coded leap, jump or hop Acro – Any min ‘B’ flighted acro element or salto Turn – Full spin (any position or direction) Additional leap – Change leg split leap Dismount – Any different ‘A’ or ‘B’ coded acro element into any ‘A’ or ‘B’ salto 	<p>Floor</p> <ul style="list-style-type: none"> OPTIONAL ORDER WITH SET ELEMENTS Acro Line – Round off <i>Optional flic</i> straight back salto with a 1/2 or 1/1 twist Dance passage – composed of Change leg split leap & any different minimum ‘B’ leap or hop Acro line – Acro line of minimum 2 elements to include an ‘A’ coded salto Any minimum ‘B’ coded spin (any position or direction) Additional different ‘B’ coded leap, jump or hop Acro Line – Straight front salto (optional entry) 	<p>Range & Conditioning</p> <ul style="list-style-type: none"> SET ROUTINE Strip of firm carpet matting Elephant lift to handstand (H) Pike down to stand Pike fold (H) From bent legs or straight legs push back and backward roll through handstand to front support Squat feet in and from crouch, forward roll to straddle 1/2 lever (H) Lower to straddle sit Japana (H) Swim through & Push to front support Swing one leg forwards to sit in splits (H) 1/2 turn to other leg split (H) Bring back leg forwards to long sit Pike fold (H) Lie back and push to bridge (H) Lift one leg to vertical Kick through split handstand to stand Split jump (leg of choice) Straight jump 1/1

PERFORMANCE 1 – Minimum Age 10 in year

<p>Set elements within a voluntary exercise. Elements on beam & floor may be performed in any order except where stated.</p>	<p>Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. D Score 4.00 on each apparatus except where stated</p> <p>Additional elements - May be performed but will incur execution penalties as FIG CoP</p> <p>Non-Attempt of an Element - Deduction 2.00 (taken as a NEUTRAL PENALTY) + Value of Move [VM] (taken from the D SCORE)</p> <p>Incomplete / Failed attempt of an element - The VM penalty is taken from the D SCORE; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty.</p> <p>No Hold (H) – Penalty 0.3 taken as neutral deduction</p> <p>Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</p>			
<p>Vault</p> <ul style="list-style-type: none"> • Vault Table Height 110cm or 120cm 1 x springboard • D SCORE 4.00 • Handspring 	<p>Bars</p> <ul style="list-style-type: none"> • High Bar only routine UNEVEN BARS WITH HIGH BAR AS STRAP BAR AND LOW BAR AS WOODEN BARS SET ROUTINE From long hang • Trolley swing into • Upstart • Cast to handstand • Close bar element to handstand • 3 x giants 	<p>Beam</p> <ul style="list-style-type: none"> • OPTIONAL ORDER WITH SET ELEMENTS • Mount – Japana Mount (H) • Dance series – To include Split jump & • Sissone (No arm swings) • Acro – Cartwheel 1/4 turn inwards • Turn – Full spin (any position or direction) • Side jump* – Any additional different • coded or listed uncoded jump (not split jump) • jump) • Acro – Backward walkover • Dismount – tuck front somersault • *Additional Uncoded side jumps that can be used in this grade: Straight jump Tuck jump 	<p>Floor</p> <ul style="list-style-type: none"> • OPTIONAL ORDER WITH SET ELEMENTS • Acro Line – Round off 3 flics to 2 feet • Dance passage – composed of Split leap & • a side split leap • Acro Line – Round off flic tuck back salto • Full spin (any position or direction) • Choice of – Free walkover or free cartwheel • Acro Line – handspring to 2 feet run tuck • front salto 	<p>Range & Conditioning</p> <p>SET ROUTINE Strip of firm carpet matting</p> <ul style="list-style-type: none"> • Pike lift to handstand (H) • 1/2 in handstand, split legs to stand • Pike fold (H) • From bent or straight legs push back and backward roll through handstand to front support • Drag feet in and straddle 1/2 lever (H) • Lower to straddle sit • Japana (H) • Swim through and push to Front support • Swing on leg forwards to sit in splits (H) • 1/2 turn to other leg split (H) • Bring back leg forwards to long sit • Pike fold (H) • Lie back and push to bridge (H) • Lift one leg to vertical (H) • Kick through split handstand to stand • Split jump • Split jump other leg • Straight jump full turn

PERFORMANCE 2 – Minimum Age 11 in year

<p>Set elements within a voluntary exercise. Elements on beam & floor may be performed in any order except where stated.</p>	<p>Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. D Score 4.00 on each apparatus except where stated</p> <p>Additional elements - May be performed but will incur execution penalties as FIG CoP</p> <p>Non-Attempt of an Element - Deduction 2.00 (taken as a NEUTRAL PENALTY) + Value of Move [VM] (taken from the D SCORE)</p> <p>Incomplete / Failed attempt of an element - The VM penalty is taken from the D SCORE; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty.</p> <p>No Hold (H) – Penalty 0.3 taken as neutral deduction</p> <p>Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</p>			
<p>Vault</p> <p>Vault Table Height 120cm + with level safety mattresses at back of vault 1 x springboard Choice of: D SCORE 4.00</p> <ul style="list-style-type: none"> • Handspring to stand – fall forwards to lie face down Or • 1/4 - 1/2 on to stand (Tsukahara prep) – fall backwards to lie on back Or • Yurchenko prep to stand – fall backwards to lie on back 	<p>Bars</p> <ul style="list-style-type: none"> • UNEVEN BARS SET ROUTINE • Upstart • Straddle on, grip change to reverse grip and 3/4 sole circle forwards regrasp to regular grip • Upstart • squat, stoop or step on and sole circle • Jump to catch high bar • Long upstart • Cast to handstand • 2 x Giant circle backwards • Dismount – Any ‘A’ coded dismount 	<p>Beam</p> <ul style="list-style-type: none"> • OPTIONAL ORDER WITH SET ELEMENTS • Mount – Any FIG ‘A’ coded Mount • Dance series – To include Split leap & sissonne • Acro – Any ‘B’ coded flighted acro element • Turn – Full spin (any position or direction) • Mixed series – Forward walkover directly connected to a straight jump or changement (No arm swing) • Additional leap or jump – Any additional different coded leap or jump minimum ‘B’ - can be cross or side on • Dismount – Any different FIG coded Acro element (flight not necessary) into a Tuck back somersault 	<p>Floor</p> <ul style="list-style-type: none"> • OPTIONAL ORDER WITH SET ELEMENTS • Acro Line – Round off 3 flics tuck back • Dance passage – composed of Split leap & any different ‘A’ or ‘B’ coded leap or hop • Acro Line – Round off flic straight back salto • Any ‘B’ coded spin (any position or direction) • Mixed Series to include - Free walkover or free cartwheel into or out of any different FIG coded dance element • Acro Line – Handspring Tuck front salto 	<p>Range & Conditioning</p> <p>SET ROUTINE Strip of firm carpet matting</p> <ul style="list-style-type: none"> • Pike lift to handstand (H) • 1/2 in handstand, split legs to stand • Pike fold (H) • From bent or straight legs push back and • backward roll through handstand to front support • Drag feet in and straddle 1/2 lever (H) • Lower to straddle sit • Japana (H) • Swim through and push to Front support • Swing on leg forwards to sit in splits (H) • 1/2 turn to other leg split (H) • Bring back leg forwards to long sit • Pike fold (H) • Lie back and push to bridge (H) • Lift one leg to vertical (H) • Kick through split handstand to stand • Split jump • Split jump other leg • Straight jump full turn

PERFORMANCE 3 – Minimum Age 12 in year

<p>Set elements within a voluntary exercise. Elements on beam & floor may be performed in any order except where stated.</p>	<p>Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. D Score 4.00 on each apparatus except where stated</p> <p>Additional elements - May be performed but will incur execution penalties as FIG CoP</p> <p>Non-Attempt of an Element - Deduction 2.00 (taken as a NEUTRAL PENALTY) + Value of Move [VM] (taken from the D SCORE)</p> <p>Incomplete / Failed attempt of an element - The VM penalty is taken from the D SCORE; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty.</p> <p>No Hold (H) – Penalty 0.3 taken as neutral deduction</p> <p>Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</p>			
<p>Vault</p> <p>Vault Table Height 125cm + with level safety mattresses at back of vault (exception for handspring option) 1 x springboard Choice of: D SCORE 4.00</p> <ul style="list-style-type: none"> Handsprint to stand on additional 20cm safety mat – fall forwards to lie face down Or 1/4 - 1/2 on (Tsukahara prep) – to upper back Or Yurchenko prep – to upper back 	<p>Bars</p> <p>UNEVEN BARS SET ROUTINE</p> <ul style="list-style-type: none"> Upstart Cast to handstand Close bar element to handstand Optional Upstart Sole circle Jump to catch high bar Long upstart Cast to handstand 2 x Giant circle backwards Dismount – Any ‘A’ or ‘B’ coded dismount 	<p>Beam</p> <p>OPTIONAL ORDER WITH SET ELEMENTS</p> <ul style="list-style-type: none"> Mount – Any minimum ‘A’ coded Mount Dance series – To include Change leg split leap into or out of any other FIG coded leap, jump or hop Acro Series – Split handstand connected to flic step out Turn – Full spin (any position or direction) Acro element – Any different minimum ‘B’ coded acro element – can be combined with dismount Additional jump – Any additional different coded jump minimum ‘B’ – can be cross or side on Dismount – An FIG coded Acro element into an ‘A’ coded salto 	<p>Floor</p> <p>OPTIONAL ORDER WITH SET ELEMENTS</p> <ul style="list-style-type: none"> Acro Line – Round off Straight back 1/1 twist (optional flic) Dance passage – composed of Change leg split leap & any different FIG coded ‘B’ leap or hop Acro Line – Optional acro line to include a minimum 2 ‘A’ coded saltos (saltos can be same or different) Any ‘B’ coded spin (any position or direction) Optional different leap or jump – minimum value ‘B’ Acro Line – Straight front salto (optional handspring entry) 	<p>Range & Conditioning</p> <p>SET ROUTINE</p> <p>Strip of firm carpet matting</p> <ul style="list-style-type: none"> From bent or straight legs push back and backward roll to handstand 1/2 turn to pike forward roll out Pike fold (H) Pike lift to handstand (H) 1/2 in handstand, split legs to stand Crouch and forward roll to straddle lever (H) Lower to straddle sit Japana (H) Swim through and push to Front support Swing on leg forwards to sit in splits (H) 1/2 turn to other leg split (H) Bring back leg forwards to long sit Pike fold (H) Lie back and push to bridge (H) Lift one leg to vertical (H) Kick through split handstand to stand Split jump Split jump other leg or straddle jump Tuck Back salto

PERFORMANCE 4 – Minimum Age 13 in year

<p>Set elements within a voluntary exercise. Elements on beam & floor may be performed in any order except where stated.</p>	<p>Rules and Regulations are as FIG Cycle 15 Code of Points, unless stated otherwise. FIG Execution and Artistry Penalties will be applied. D Score 4.00 on each apparatus except where stated</p> <p>Additional elements - May be performed but will incur execution penalties as FIG CoP</p> <p>Non-Attempt of an Element - Deduction 2.00 (taken as a NEUTRAL PENALTY) + Value of Move [VM] (taken from the D SCORE)</p> <p>Incomplete / Failed attempt of an element - The VM penalty is taken from the D SCORE; however elements may be repeated in order to achieve VM (as FIG CoP). If the element is then completed successfully, the gymnast will incur execution penalties for all attempts, which may include fall penalties, but will not lose VM penalty.</p> <p>No Hold (H) – Penalty 0.3 taken as neutral deduction</p> <p>Any routine over 1 minute 30 seconds will incur a 0.10 overtime penalty</p>			
<p>Vault</p> <p>Vault Table Height 125cm 1 x springboard Choice of:</p> <ul style="list-style-type: none"> D SCORE 3.00 Round off flic on repulsion off Or 1/2 on 1/2 off Or Handspring on 1/2 off D SCORE 3.50 1/2 on 1/1 off Or Handspring 1/1 twist off Or Round off flic on with repulsion 1/2 or 1/1 off D SCORE 4.00 Handsprint tuck front Or Tsukahara tucked or piked Or Yurchenko Tucked or piked 	<p>Bars</p> <p>UNEVEN BARS OPTIONAL ORDER WITH SET ELEMENTS D SCORE 4.00 & Bonus</p> <ul style="list-style-type: none"> On LB - Upstart LB - Cast to handstand and top turn LB or HB - Close bar element to handstand LB - Sole circle and jump to catch HB HB - Long upstart HB - Cast to handstand HB - 2 x Giant circle backwards Dismount – Any ‘A’ or ‘B’ coded dismount 	<p>Beam</p> <ul style="list-style-type: none"> OPTIONAL ORDER WITH SET ELEMENTS Mount – Any minimum ‘B’ coded Mount Dance series – Connection 2 different dance elements to include one leap or jump with 180° split (cross or side) or straddle. One element must be minimum ‘C’ Acro Series – Minimum 2 FIG coded acro elements. 1 must have flight. Elements can be the same or different Turn - Full spin (any position or direction) Acro element – Any coded salto or aerial (can be part of acro series) Additional jump – Any additional different coded leap or jump minimum ‘B’ Dismount – Any ‘B’ coded salto (may be on its own or connected to another acro element) Or An ‘A’ salto directly connected to a different flighted acro skill <p><i>Routine must contain acro elements forwards or sideways and backwards on the beam or apply Neutral Penalty 1.00 from final score</i></p>	<p>Floor</p> <p>OPTIONAL ORDER WITH SET ELEMENTS</p> <p><i>Routine must contain a minimum of 2 FIG acro lines</i></p> <ul style="list-style-type: none"> Acro Line – Straight front salto immediate tuck front salto Dance passage – composed of Change leg split leap & any ‘C’ leap or hop Acro Line – Optional acro line with minimum 1/1 twist tucked or straight Any ‘B’ coded spin (any position or direction) Additional different leap/jump/hop – minimum value ‘C’ Acro Line – To contain a ‘C’ salto (this can be on its own or connected to other acro elements) Routine must contain saltos forwards and backwards or apply Neutral Penalty 1.00 from final score 	<p>Range & Conditioning</p> <p>SET ROUTINE Strip of firm carpet matting</p> <ul style="list-style-type: none"> From bent or straight legs push back and backward roll to handstand 1/2 turn to pike forward roll out Pike fold (H) Pike lift to handstand (H) 1/2 in handstand, split legs to stand Crouch and forward roll to straddle lever (H) Lower to straddle sit Japana (H) Swim through and push to Front support Swing on leg forwards to sit in splits (H) 1/2 turn to other leg split (H) Bring back leg forwards to long sit Pike fold (H) Lie back and push to bridge (H) Lift one leg to vertical (H) Kick through split handstand to stand Split jump Split jump other leg or straddle jump Tuck Back salto